

WHAT IS CLAIMED IS:

1. An optical fiber link module, comprising:
 - 5 an optical fiber cable with a receiver for engaging with arms;
 - a heat sink;
 - a metallic upper connector integral with the heat sink and in electrical communication therewith;
 - 10 a lower portion connected to the upper connector and adapted to retain the optical fiber cable, the lower portion having a pair of flexible arms for engaging the receiver on fiber optic cable.
- 15 2. The optical fiber link module of claim 1 wherein the lower portion comprises plastic.
3. The optical fiber link module of claim 1 wherein the upper portion comprises aluminum.
- 20 4. The optical fiber link module of claim 1 wherein the optical fiber is removable from the flexible arms.
5. The optical fiber link module of claim 1 wherein the upper connector and the lower portion form an MTP connector.
- 25 6. The optical fiber link module of claim 1 wherein the upper connector and the lower portion form an MTO connector.

7. An optical fiber link module, comprising:
an upper portion including an upper connector and an integral heat
sink, the upper portion comprising a high thermal density metal;
5 a plastic lower portion connected to the upper connector, the lower
portion having a pair of flexible arms; and
a fiber optic cable engaged with the arms.

8. The optical fiber link module of claim 7 wherein the upper connector
10 comprises aluminum.

9. The optical fiber link module of claim 7 wherein the fiber optic cable
is removable from the flexible arms.

15 10. The optical fiber link module of claim 7 wherein the upper connector
and the lower portion form an MTP connector.

11. The optical fiber link module of claim 7 wherein the upper connector
and the lower portion form an MTO connector.

20 12. The optical fiber link module of claim 7 wherein the fiber optic cable
is removable from the flexible arms.